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UNIVERSITY OF IDAHO
COLLEGE OF AGRICULTURE
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Part I

4-H Food Facts

and

Home Cookery

By

MARION M. HEPWORTH

COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS OF THE STATE OF IDAHO UNIVERSITY OF IDAHO EXTENSION DIVISION AND UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING

BOYS' AND GIRLS' CLUBS

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The National 4-H Club Creed

Parallel with the development of State 4-H Club creeds, there has developed the following national 4-H Club creed:

I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to think, to plan, and to reason.

I believe in the training of my HEART for the nobleness it will give me to become kind, sympathetic, and true.

I believe in the training of my HANDS for the dignity it will give me to be helpful, useful, and skillful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, to resist disease, and to work efficiently.

I believe in my Country, my State, and my Community, and in my responsibility for their development.

In all these things I believe, and I am willing to dedicate my efforts to their fulfillment.

"Land of our birth, we pledge to thee
  Our love and toil in the years to be,
When we are grown and take our place
  As men and women of our race;
Land of our birth, our faith, our pride,
For whose sake our dear fathers died,
  Oh Mother Land, we pledge to thee,
Head, Heart, Hand, and Health in the years to be."

Taken from Florida Record Book.

4-H Food Facts and Home Cookery

By

MARION M. HEPWORTH*

Purpose

THE purpose of this bulletin is to help make more interesting and lend greater importance to the problem of the selection of good food, to aid members of the girls' clubs to learn to prepare wholesome food products through cookery, and to have a proper understanding of the importance of such matters as dishwashing and care of the kitchen in the nature of the day's work; and thus to help create an interest in the work of the home and a comradeship in home work with more responsibility to girls in the home.

Club Requirements

Club members should:

1. Be bona fide 4-H club members—age requirement.
2. Attend club meetings.
3. Keep and submit record of work.
4. Make an exhibit.
5. Give one or more public demonstrations. (Achievement Day, Fairs, etc.)
6. Have had at least one year in club work in some other project before taking up the nutrition project.

The Club should arrange for:

1. Adult leaders.
2. Meeting place.
3. Regular meeting time.
4. Officers—President, Vice-President, Secretary and Treasurer, Club Reporter.
5. Club exhibit (either at fair, community meetings, or in store windows).
6. Demonstration team to represent club.
7. Club camp or picnic.
8. Reports to district club agents.
9. Development of 4-H club ideals.
10. Stimulation of interest in home work through club work.

Meetings

1. At least 12 regular meetings.
   a. During the summer a meeting once a week, preferably in the afternoon, is a great advantage. Regular outline of work as suggested should be taken up at summer meetings.

*State Home Demonstration Leader.

b. Meetings to be carried on through the winter should be fitted into regular school program.
c. Outlines for all meetings will be in the hands of the local leader.
d. Suggested programs for meetings appear later in this bulletin.

2. Check constantly, at regular meetings, using the Health Score Card and the Height and Weight Charts, etc., on the development of the Health and Heart-H, so as to make this a 4-H club project rather than a nutrition project.
3. Records of each meeting are to be sent regularly to the club agent.

Keeping Records

The leader should explain at the first meeting the necessary points in keeping the record book. Two suggestions are possible for the leader:

1. The record book may be given to all members after explanation is made by leader for keeping of records, or
2. The leader may keep record books and hand out at each meeting for each member to fill in.

Requirements for Completion of Project

The requirements are outlined in this bulletin under Problems I. to XI., including the home work.

Requirements for Exhibits

Each local club should arrange for an exhibit to which parents and friends are invited. Here is a good possibility for a community day. Each exhibit should contain:

1. Record book and achievement story completed.
2. Individual Food Habits Score Card (which has been kept during the year).
3. Day's menu for club member (using Idaho foods) should be prepared for display. This may be a poster or an exhibit of foods.
4. Two loaves of quick bread with one variation. (Quick bread is that made with a leavening agency such as baking powder.)

HEALTH AND FOOD HABITS SCORE CARD

	Perfect Score	First Week M T W T F S S	Second Week M T W T F S S	Third Week M T W T F S S	Fourth Week M T W T F S S
Eats any food set before him	20				
Likes at least 10 kinds of vegetables	10				
(Deduct 1 point for each one disliked.)					
Drinks only water, milk, cocoa	10				
(Tea and coffee should not be used. Deduct 5 if coffee or tea is used. Deduct 5 if water isn't drunk between meals)					
Has normal bowel movement	10				
(Deduct 10 if laxative is used.)					
Has regular meal hours	10				
(Eats only at meal time, three times a day, including breakfast. Deduct 5 for irregularity of meals. Deduct 5 for going without breakfast.)					
Eats ice cream and candy only at regular meals	5				
(Deduct 5 if candy and ice cream cones are eaten between meals.)					
Eats simple desserts	5				
(Deduct 5 for eating pastry, rich puddings, etc.)					
Eats only suitable foods	10				
(Deduct 5 for griddle cakes and hot bread unless bran or graham bread. Deduct 5 for fried foods or highly seasoned foods.)					
Chews food thoroughly	10				
Deduct 10 for hurried eating or bolting of food.)					
Chooses foods that are properly cooked	10				
Total Score	100				

SCORE FOR HEALTH AND FOOD HABITS

1st Mo.	2nd Mo.	3rd Mo.	4th Mo.	5th Mo.	6th Mo.	7th Mo.	8th Mo.	9th Mo.	10th Mo.	11th Mo.	12th Mo.

FOOD SELECTION SCORE CARD

Perfect Score	Credits	First Week M T W T F S S	Second Week M T W T F S S	Third Week M T W T F S S	Fourth Week M T W T F S S
20	MILK—Adults ½ pt.—10; ¾ pt.—10; 1 pt.—20; children ¾ pt.—10; 1 pt.—15; 1 qt.—20.				
40	VEGETABLES AND FRUITS **Vegetables** 1 serving—5; 2 servings—10; 3 servings—15. Potatoes may be included as one of the above servings. If leafy vegetable is included, extra credit—5. **Fruits** 1 serving—10; 2 servings—15. If raw fruit or vegetable or canned tomato is included, extra credit—5.				
15	WHOLE GRAIN PRODUCTS 1 serving—10; 2 servings—15.				
15	CHEESE, EGGS, MEAT, DRIED BEANS OR PEAS 1 serving of any one of above—10; 1 serving of any two of above—15.				
10	WATER (total liquid) Adults—1½ qts.—5; 2 quarts—10. Children—1 qt.—5; 1¼ quarts—10.				
	Total Credits				

FOOD SELECTION SCORE CARD (Cont.)

DEDUCTION		First Week M T W T F S S	Second Week M T W T F S S	Third Week M T W T F S S	Fourth Week M T W T F S S
For no milk	20				
For only one cup of milk a day	10				
For drinking tea or coffee	5				
Eating between meals	5				
For fast eating	5				
For eating no breakfast	10				
For eating only potatoes for a vegetable	10				
For washing food down with water	3				
For too few vegetables	10				
For too few fruits	10				
For no cereals	3				
For eating candy between meals	3				
TOTAL DEDUCTIONS					
TOTAL SCORE					
WEEKLY AVERAGE					

Problem I

Importance of Food

The Health H is one of the Four H's in club work.

One of the leading essentials for healthy life is regularity of habits including regularity of time for eating and the right kind of food. There are certain factors that are important.

1. Plain nourishing foods, those easily digested.
2. Regular meals. No one should go too long without food, and eating between meals is apt to overwork the stomach.
3. Tea, coffee, too many sweets, or highly seasoned foods are not advisable in the meals of the growing boy and girl.
4. Foods of the right kind are needed for growth and development.

In the four food groups each is an important factor in body structure, supplying fuel or energy, and promoting growth and vigor.

What Foods Do for the Body

Group I. Body Builders.

Food materials that build and maintain the body are:

a. Protein—helps make flesh and blood.
b. Lime or calcium—helps make bone, teeth, and muscles.
c. Phosphorus—helps make bone, teeth, and muscles.
d. Iron—helps make blood.
e. Roughage—helps eliminate waste materials.

Group II. Supplies Energy and Heat.

a. Starch.
b. Sugar
c. Fat.

Group III. Body regulation—Vitamins.

a. Vitamin A—promotes growth, seems to increase resistance to disease, protects against specific eye disease.
b. Vitamin B—promotes growth, stimulates appetite, protects against nerve disease.
c. Vitamin C—prevents scurvy, contributes to the proper formation of good teeth.
d. Vitamin D—is necessary to preserve the calcium phosphorus balance to help prevent rickets. Essential for strong bones and teeth.
e. Vitamin G—helps to prevent pellagra.

Group IV. All of the Necessary Minerals.

Iron, or Copper and Iron; Lime or Calcium; Phosphorus.

Formation of Sound Teeth

Good teeth are one of the essentials required in the Health Score Card. Teeth are governed by laws of nutrition similar to those

for the formation of the bone. Hard foods that necessitate chewing, and clean teeth are of great importance; however, Dr. McCollum says: "The development during the very early life of a set of sound teeth is the most important factor in preventive dentistry."

Teeth are made of lime and phosphorus. They cannot grow properly unless we select foods that supply these elements which the blood carries to the teeth. If teeth are poor, the best that can be done is to watch the meals and see that repair work is done.

The foods suggested for study and use in demonstrations in this bulletin are those that are easily obtained and will come under the list of simple foods of high value for club members.

Milk, vegetables, fruits, cereals, and bread furnish the minerals and vitamins necessary to develop teeth. Without a sufficient amount of these substances the teeth starve and are more liable to disease, just as anything else is when not properly nourished. Fruits, raw vegetables, and cereals, such as coarse hard breads and dry toast, help keep the teeth clean.

Thorough Mastication is Necessary Because:

1. Nourishment of the body depends on proper digestion of the food and this is possible only when the food is thoroughly masticated.
2. Exercise of the teeth and gum tissue is necessary to their health and development; and, as other parts of the body, teeth are best exercised by use.

Problem II

Preparation for Cookery

Success in cookery depends upon following directions accurately; accuracy is an element of good club work.

1. Study information given in bulletin.
2. Read and follow directions in recipes used.
3. Work with clean hands.
4. Wear a head band to confine the hair.
5. Get together all utensils and all materials to be used.
6. All measurements are level.
7. If pans are to be greased, grease and have ready for use.
8. Be sure the oven temperature will be right when needed.
9. Sift flour before measuring.
10. Sift sugar, if lumpy, and do not pack.

Table of Abbreviations and Equivalents

3 teaspoons (t.) equal	1 tablespoon (tb.)
16 tablespoons (tb.) equal	1 cup (c.)
2 cups (c.) equal	1 pint (pt.)
2 cups (c.) butter equal	1 pound (lb.)
4 cups flour equal	1 pound (lb.)

2 cups (c.) granulated sugar equal ..... 1 pound (lb.)
2 tablespoons (tb.) butter equal ..... 1 ounce (oz.)
2 tablespoons (tb.) liquid equal ..... 1 ounce (oz.)
4 tablespoons (tb.) flour equal ..... 1 ounce (oz.)

Classification of Oven Temperatures

Slow	Moderate	Hot	Very Hot
(250-350° F.)	(350-400° F.)	(400-450° F.)	(450-550° F.)
Custards Meringues	Bread Gingerbread Sponge cake Plain cake Angel food cake Cookies	Popovers Parker House rolls Baking powder biscuits	Pastry

General Equipment Needed in Cooking

1 measuring cup
1 tablespoon
2 teaspoons
1 mixing spoon
1 flour sifter
1 paring knife
1 vegetable pan
1 spatula
1 bowl to use for dry ingredients
1 egg beater and bowl
1 baking pan
1 mixing board
1 rolling pin

Some recipes may call for other equipment that should be assembled before starting to work.

Combining Ingredients

Explanation of Terms Used

Stirring—used for mixing the dry ingredients and the liquid; consists of a circular motion.

Beating—used to smooth mixture after stirring and also to incorporate air.

Folding—used for mixing beaten eggs with liquid or batter.

Problem III

Milk

Milk is the one food for which there is no substitute—it is the indispensable food. Child specialists declare that each child under one year of age should have at least a pint of milk every day, and they also recommend a quart of milk a day after the first year.

Milk is a "protective" food because of its vitamin content. Milk contains vitamins A, B, D, and G. Vitamin A is essential for growth and increases the body's resistance to infections, particularly respiratory disorders such as colds and sinus trouble. It is associated with the milk fat. Vitamin B is also necessary for growth and aids in the proper functioning of the digestive and nervous systems. One quart of milk daily contains enough vitamins A and B to meet the requirements of the growing child.

Reasons for Using Milk:

Because milk is:

1. Easily digested and assimilated by the body.
2. Suited to young and old alike.
3. Furnishes:
    1. Energy.
    2. Vitamin A, which promotes growth and resistance to disease.
    3. Vitamin B, which promotes growth, stimulates appetite, and aids in normal activity of the nerve cells.
    4. Vitamin C, which helps to prevent scurvy and helps to build bone and teeth.
    5. Vitamin D, which aids in preventing rickets and helps to build bone and teeth.
    6. Vitamin G, which promotes growth and prevents pellagra.
    7. Minerals for sound white teeth and strong bones.
    8. Protein for repairing the wear and tear of the body.

"The canned milk meets the needs for concentrated, preserved milk which is economical to transport, of excellent keeping qualities, and conserves the surplus from the season of largest milk production."

Buttermilk

Buttermilk has nearly the same food value as milk with the milk fat removed. Its slightly sour or acid flavor is very pleasing and has a cooling and invigorating effect. Buttermilk is easily digested and is frequently prescribed by doctors for certain digestive or intestinal disorders. Scientists say that the secret of long life of many races has been their extensive use of buttermilk. It is used extensively in hospitals for convalescents and by many people in hot weather as a supplement to a light lunch or as a thirst quencher.

Sour milk has all the fine food values the same milk has when sweet, and these values are, for the most part, the kind that are not easily destroyed by cooking. So you get them in biscuits or cookies made with sour milk, or in delicious muffins or waffles, gravies, sauces, or pies made with sour cream, as well as in the ice cold buttermilk that is so refreshing on a hot day. As for the lactic acid bacteria that cause the souring, they merely help along the process of digestion.

Reasons for Using Buttermilk:

Buttermilk is:

1. Very agreeable to the digestive organs.
2. Highly digestible.
3. A valuable source of protein and minerals.
4. Cooling and invigorating.
5. A cure for certain intestinal or digestive disorders.

White Sauce

Everyone should know how to make a good, smooth white sauce, as it forms the basis of all cream soups and creamed dishes.

Sauce	Liquid	Thickening	Butter	Seasoning	Use
Thin	1 c. milk	1 tb. flour	1 tb. butter	¼ t. salt	Cream soups
Medium	1 c. milk	2 tb. flour	2 tb. butter	¼ t. salt	Cream dishes Scalloped dishes
Thick	1 c. milk	4 tb. flour		¼ t. salt	Croquettes

SUGGESTIONS FOR THE UTILIZATION OF MILK

Baked Custard

4 c. scalded milk
4 eggs
½ c. sugar
¼ t. salt
dash nutmeg
½ t. vanilla

(NOTE: If the custard is baked in one mold, use 6 eggs. It requires more in proportion to retain shape; consequently, the custard will have to be stiffer.)

PROCEDURE	REASON
Heat milk slowly to scalding.	Takes less time in baking.
Beat eggs until blended.	Custard will be smoother if eggs are not beaten until foamy.
Add sugar and salt to eggs.	Sugar dilutes the eggs and helps to blend the custard more evenly.
Pour scalded milk over eggs stirring constantly; add vanilla. If lumps form in mixture, strain before pouring into mold.	Prevents coagulation of eggs and helps to blend the custard more evenly.
Set in pan of hot water; sprinkle with nutmeg; bake in slow oven until firm. Test with silver knife. If no material adheres to knife, custard is done.	Hot water protects custard from hot oven and helps keep even temperature; baking is most important step in making custard; must cook slowly.

Variations

1. Add 1 c. apple sauce before adding the milk.
2. Add melted chocolate or 3 t. cocoa mixed with egg and sugar before adding scalded milk.
3. Add ½ c. cocoanut to custard before baking.
4. Add 2 tb. of grapenuts before baking.
5. Add 2 tb. grapenuts and ¼ c. chopped apricots or peaches.

Soft Custard

PROCEDURE	REASON
Scald milk.	Hastens the process of cooking.
Beat eggs slightly, stir in salt and sugar; pour milk gradually over this.	Eggs cook more smoothly when sugar is mixed with them and hot milk is added slowly.
Cook in double boiler; stir constantly until thick enough to coat spoon; remove at once.	Cooking in double boiler keeps temperature even and does not coagulate the egg; stirring is necessary to cook evenly; too long cooking of custard causes it to separate.
Flavor.	Add flavoring last; avoid loss by evaporation.
If custard is lumpy strain.	

Variations

1. Add 1 c. applesauce (sweetened) just before serving.
2. Add ½ c. grated pineapple before serving.
3. Add ½ c. chopped peaches before serving.
4. Add 2 tb. Post Toasties before serving.
5. Put 1 t. strawberry jam or tart jelly on each serving of custard.
6. Serve with sponge cake.

Apple Custard

2 c. apple sauce
2 c. sweet milk
4 eggs
½ c. sugar

Beat the yolks, add milk, sugar and apple sauce. Fold in beaten whites of eggs. Grate a little nutmeg over top and bake in a slow oven.

Apricot Custard

2 c. apricots run through colander
2 c. sweet whole milk
4 eggs
½ c. sugar
Pinch salt

Beat yolks, add milk , sugar and apricots. Beat whites and fold into custard. Grate a little nutmeg over custard. Bake in a slow oven in pan of water until firm.

Vegetable Soup

1 qt. of milk
1½ c. water
⅓ c. carrot
⅓ c. turnips
½ c. celery
1½ c. potatoes cut in cubes
½ onion
5 tb. butter
Salt
Pepper

Prepare vegetables, cut in small pieces, put all together in water to which salt has been added, and cook until tender. Add milk, butter and pepper. Allow to simmer ten minutes. Do not boil after adding milk. If desired, this soup can be thickened by adding 2 tb. of flour.

Cream of Potato Soup

2 c. diced potato
1 c. boiling water
1 slice onion
¼ t. pepper
2 c. milk
2 tb. butter
1 t. salt

Cook potato and onion in the boiling water until tender. Add butter, milk, salt, and pepper. Heat. Garnish with chopped parsley and serve at once. Bits of crisp breakfast bacon or ham give a good flavor to potato soup.

MILK DRINKS

Apricot Nogg

½ c. sugar
2 c. apricot juice
1 c. cold milk
⅓ c. ice water

Dissolve the sugar in the apricot juice and chill. When ready to serve pour this into the milk and ice water. Shake vigorously or beat and serve immediately.

Raspberry Nogg

1 c. and 2 tb. raspberry juice chilled
⅓ c. ice water
1 t. sugar (more if desired)
¾ c. milk (chilled)

Mix fruit juice, water and sugar, and add to milk. Serve ice cold.

Fruit Egg Nogg

2 eggs
Pinch salt
3 tb. sugar
2 c. ice cold milk
½ c. ice cold water
¼ c. strawberry or cherry juice

Beat egg yolks until thick and lemon colored and whites until stiff. Add salt, sugar, and berry juice to yolks, combine well and add milk and water. Fold in the egg whites, pour into tall glasses and sprinkle top with nutmeg.

Honey Egg Nogg

1 pt. cold milk
1 egg
6 tb. honey
2 tb. lemon or orange juice

Shake together until blended, serve very cold.

Chocolate Milk Shake

1 pt. cold milk
1 c. ice water
4 tb. chocolate or cocoa syrup

Shake well and serve very cold.

Cocoa Syrup

Mix ½ c. cocoa, add ½ c. cold water to smooth paste. Add another ½ c. water and cook to smooth thickened paste. Add ¼ t. salt, 2 c. sugar, cook for five minutes stirring constantly. Cool and add 2 t. vanilla. Pour into jar, seal and use as needed. This should make a pint and may be kept ready for use.

BUTTERMILK RECIPES

Buttermilk Sherbet

4 c. buttermilk
2 eggs
1 c. fruit juice
1½ c. sugar
1 c. heavy cream
⅛ t. salt
Dash nutmeg

Beat eggs and sugar until light, slowly stir in buttermilk and fruit, add salt, nutmeg, and cream whipped stiff. Freeze. Sour milk may be used instead of buttermilk.

Buttermilk Punch

2 c. buttermilk
Juice of 1 lemon
Juice of 1 orange
Sugar to taste

Mix together, strain, chill, and serve cold.

Buttermilk Ice Cream

1 c. whole milk
1 egg
1 c. cream (more if richer ice cream is desired)
2 c. buttermilk
½ to ⅔ c. sugar
1 to 1½ c. canned shredded pineapple

Make a custard of the egg, milk, and a part of the sugar. The rest of the sugar may be dissolved in the buttermilk or pineapple. Mix together all except the pineapple and freeze to a soft mush, then add the pineapple and complete the freezing. Other flavoring may be used, but the pineapple is especially pleasing.

Buttermilk Dressing for Salads

½ pt. thick buttermilk
¼ pt. mayonnaise dressing
Juice of ½ small onion
½ t. lemon juice
¾ t. salt
¼ t. mustard
⅛ t. white pepper

Fold all the ingredients into the unbeaten buttermilk. This dressing is delicious with Waldorf salad made from fresh cabbage, apples, lettuce, and finely cut fresh uncooked spinach.

It is also a refreshing dressing for a salad made of green pepper, tomatoes, chopped cucumbers.

Ginger Bread (Buttermilk)

2 eggs (beaten in mixing bowl)
⅔ c. sugar
⅔ c. butter
1 c. molasses
1 c. buttermilk
1 t. soda
1 t. cinnamon
½ t. ginger
1 t. salt

Use flour enough to make a very stiff dough. The advantage of this recipe is that it takes few dishes to mix it—only one mixing bowl and one measuring cup.

Problem IV

Butter

"Butter is in a class by itself. It is one of the most easily digestible of fats and undoubtedly when considering the oils and fats dietetically, is the best source of vitamin A."

—Professor M. E. Jaff, Emeritus Professor of Nutrition, University of California.

"Among all the fats which are acceptable to the appetite, none is so rich in vitamin A as butter fat."

—Dr. E. V. McCollum.

Butter is nature's storehouse for vitamin A, which promotes growth, helps to build up resistance to respiratory diseases such as colds or sinus troubles, increase length of life, vitally affects reproduction, and prevents and cures xerophthalmia, an eye disease. Vitamin D, which aids in protecting the growing child against rickets and helps to build sound teeth and bones, is also found in liberal amounts in butter.

Nature has endowed butter with a distinctive flavor all its own which makes other foods taste better. Famous chefs when asked the reason for the exceedingly delicate flavor of the food they serve say, "We always cook with butter."

Butter is an economical food, for when you use butter you get more for your money than for any other food fat; you get a satisfying and easily digested food fat that furnishes energy, a delicate flavor which cannot be duplicated, and liberal amounts of two essential vitamins.

Reasons for Using Butter:

Because butter:

1. Contains large amounts of vitamins A and D, which are indispensable to growth and health.
2. Has a flavor all its own which makes any food taste better.
3. An excellent source of minerals for building bones and teeth.
4. Is easily digested.
5. Is economical to use.
6. Has no substitute.

BUTTER RECIPES

Hard Sauce

½ c. butter
1 c. powdered sugar
Vanilla

A short cut method—heat sugar in oven until hot but not colored. Cut butter in cubes, add ½ cup sugar and beat until smooth. Add rest of the sugar and flavoring.

Butter Cream Icing

½ c. butter
2 c. powdered sugar
Few grains salt
1 egg yolk
½ t. vanilla

Cream butter and sugar, add egg yolk, salt and vanilla. If necessary, add enough cream to make proper consistency to spread.

Orange Butter Icing

Cream together 4 tablespoons of butter, 1¼ cups powdered sugar, and 3 tablespoons orange juice.

Cream Sauce for Puddings

¼ c. butter
1 c. powdered sugar
¼ c. heavy cream
¼ t. vanilla

Cream butter. Add sugar gradually, the whipped cream and flavoring.

Foamy Sauce

½ c. butter
2 c. powdered sugar
1 t. vanilla
¼ t. salt
1 egg

Cream butter. Add sugar gradually, then beaten egg, and vanilla and salt. Beat over hot water. Cool and when ready to serve, 1 cup whipped cream may be added.

Lemon Butter Balls

Shape butter into small round balls. Allow to stand in lemon juice or roll in finely chopped parsley. Suitable for fish garnish.

Problem V

Cheese

Reasons for Using Cheese:

Cheese is:

1. A concentrated source of energy.
2. A protective food because of its vitamin content.
3. An excellent source of minerals for building bones and teeth.
4. An economical source of the highest quality protein for muscle building.
5. Palatable and highly digestible.
6. Capable of a great variety of uses.

Cottage Cheese

Cottage cheese is made from skim milk and is a highly palatable and nutritious product. It is an excellent source of protein and a good source of calcium. When cream is added, its food value is little different from other cheese. Served either alone or in combination with other foods, cottage cheese is a food which may form an important part of the diet. Its cheapness, palatability, food value, and adaptability to a variety of uses make it an extremely valuable food. No sour milk or skim milk should go to waste, as it may easily be made into cottage cheese.

Reasons for Using Cottage Cheese:

Cottage cheese is:

1. Easily digested and very palatable.
2. An excellent source of protein.
3. Economical to use.
4. Usable in a great variety of ways.

CHEESE RECIPES

Cheese Custard

4 slices of bread (buttered)
½ c. grated cheese
2 c. scalded milk
3 eggs
1 t. salt
⅛ t. pepper
1 tb. chopped green peppers

Put buttered slices of bread in a buttered baking dish. Sprinkle with grated cheese. Beat eggs slightly, add salt, pepper, and scalded milk. Pour this mixture over bread and bake, setting dish in a pan of hot water until custard is done.

Quick Cheese Potato Rolls

2 c. flour
2 t. baking powder
½ t. salt
1 c. mashed potatoes
3 tb. milk
1 tb. melted shortening
2 tb. soft butter
½ c. American cheese, grated
1 egg

Sift flour, measure, sift again with baking powder and salt; combine potato, beaten egg, milk, and shortening. Add flour and combine thoroughly. Roll to ¼-inch thickness on lightly floured board. Spread with butter, sprinkle with cheese, roll like a jelly roll, and slice crosswise in half-inch slices. Bake on ungreased sheet in 450° F. oven 15 minutes. Makes 18 rolls.

Cheese and Bean Loaf with Tomato Sauce

1 lb. can kidney beans, or
1 c. dried beans, cooked until tender
1 c. grated cheese
1 c. soft bread crumbs
Salt
Pepper

Put the beans and onion through a meat chopper. Add the cheese and seasonings and sufficient bread crumbs to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven until delicately browned, basting with hot water combined with 2 tb. fat. Serve hot with tomato sauce.

Layered Cheese and Apple Salad

1 pkg. lemon jello
1 pt. boiling water
1 t. sugar
1 pkg. cream cheese
2 tb. lemon sauce
1 t. salt
1 red apple (dice ¼-inch pieces)
½ c. walnut meats

Dissolve jello in boiling water. Add 1 tb. lemon juice. Chill. When slightly thickened fold ½ apple into jello mixture. Turn into mold. Chill until firm. Beat remaining jello with rotary beater until consistency of whipped cream. Fold in cheese and nuts. Pour over first firm layer. Chill until firm. Serve in squares on crisp lettuce. Garnish with mayonnaise.

Spiced Cheese Pudding

2 slices stale bread
2 eggs
½ t. salt
1 c. milk
1 c. cottage cheese
½ c. sugar
¾ c. seeded raisins
¼ t. allspice
¼ t. mace
¼ t. cloves

Soak bread in milk. Mix ingredients. Fold in stiffly beaten whites last. Bake like a custard in moderate oven. Serve with custard or hard sauce.

Apple Cheese Betty

Cover the bottom of a greased baking dish with bread crumbs, add a generous layer of thinly sliced tart apples. Sprinkle with sugar, cinnamon, a few bits of butter, a little nutmeg, and 4 tb. of grated cheese. Cover with a layer of buttered crumbs, add ½ c. of water, and bake in a covered dish in a moderate oven.

Cinnamon Apple Ring and Cheese Salad

To prepare cinnamon apple rings—pare and core apples and cut crosswise in thick slices. Make syrup by cooking ¼ pound old-fashioned red cinnamon candies in 1 c. water for 4 or 5 minutes. Cook apples in this syrup until clear and tender.

Chill apple rings. For each salad place one on a lettuce leaf, add a layer of cottage cheese or cream cheese, then another slice of apple. Top with cheese and a nut meat or a red cherry. Serve with mayonnaise or cooked salad dressing.

Cottage Cheese Salad Dressing

½ c. cooked salad dressing
¼ c. cottage cheese
2 egg whites
½ c. sour cream
⅛ t. soda

Add cheese, to which soda has been added, to stiffly beaten whites. Fold this mixture into hot dressing. Add whipped cream. Serve on either vegetable or fruit salad.

Cottage Cheese Salads

Cottage cheese may be used to fill the cavities of tomatoes, canned pears, peaches, prunes, slices of pineapple, or celery stalks, and served on lettuce with boiled salad dressing or mayonnaise.

Cottage cheese may be combined with salad dressing, nuts, parsley, watercress, peppers, jelly or preserves, and formed in small balls rolled in chopped nuts, grated cheddar cheese or crumbs, or shaped into a loaf which is sliced and served on lettuce.

Pear Salad with Cottage Cheese

Use pears cut in half, filling the depression with balls made of cottage cheese. Garnish with currant jelly. Serve with mayonnaise dressing.

Cabbage with Cheese Sauce

1 medium-sized head of cabbage
4 tb. flour
4 tb. butter or other fat
2 c. milk
½ t. salt
1 c. grated cheese

Cook the cabbage in boiling salted water until just tender. The length of time depends upon the size of the pieces (cut into quarters or eighths, the cabbage should cook in 15 minutes or less). Prepare a sauce of the flour, fat, milk, and salt, cooking in a double boiler. When the sauce is cooked, add the grated cheese, stirring until melted. Pour the sauce over the drained cabbage and serve.

To make cabbage au gratin put the cooked cabbage in a greased baking dish, pour over the sauce, cover with buttered bread crumbs, and bake for about 20 minutes in a moderate oven or until the crumbs are a golden brown.

Problem VI

Eggs

Eggs High in Nutritive Value. There are certain foods that always should be considered when planning the meals. These include dairy products, meats, vegetables, cereals, eggs, and fruits. Each member of the family has to be considered at meal time.

Eggs should be an important part of anyone's meal. They add to the richness, flavor, delicacy, and texture of almost any dish. Either stored or fresh, eggs will add food value when used.

Eggs, like milk, are easily and completely digested, are good fuel foods in addition to being a good source of iron. Eggs rank next to milk as an almost complete food. They are a rich source of protein and fats which, like the proteins and fats of milk, are in the particular form most easily and quickly used by the body.

Contain Vitamins: Eggs are also one of our most important sources of vitamins. They give us an excellent supply of vitamin

D, the sunshine vitamin which protects children from rickets. They contain rich stores of vitamin A, without which children do not reach their normal growth. In eggs we also find vitamin B, without which we lose our appetites and develop poor digestion and nervousness. Lastly, eggs give us a certain amount of vitamin C, a potent preventive of scurvy and other diseases.

Low temperature in cooking. In a discussion of food values, the Bureau of Home Economics, Market Basket, says:

"It is a mistake to think there is no 'how' to the cooking of eggs. Even in the simple process of 'boiling' eggs there is a right way and a wrong way. A boiling temperature toughens white of eggs. Don't put eggs in boiling water if you want tender whites. Start them in cold water, enough to cover them, and heat the water gradually to simmering, but do not let it boil. For soft-cooked eggs, take pan from fire as soon as the water simmers, cover it, let it stand a few minutes. In almost countless ways, eggs can be used as the main dish of any meal."

Eggs add richness, flavor, and improve the texture of almost any kind of a dish. There is such a wide variety of ways of using eggs that their use should be encouraged in all parts of a meal. Combined with other good foods eggs take a very important place in meals that should be planned for the low-price meal, for the variety of ways of using.

Many Ways of Using. Eggs are used as a thickening for sauces, pie fillings, custards, and boiled dressings. They are used as a coating agent for croquettes, cutlets and deep fat frying. Eggs are used as a leavening for omelets, cakes, etc. In cookies, croquettes, etc., they are used as a binder. Eggs improve the texture of frozen desserts, and they also prevent small particles from collecting in lumps and act as a wrapper around the small crystals.

Soft Cooked Eggs

Have a saucepan nearly full of boiling water, add eggs carefully, cover and remove pan to back of stove, where water cannot boil. For very soft eggs let stand 5 minutes, for medium soft, 8 to 10 minutes.

Hard Cooked Eggs

Follow above directions, allowing eggs to stand 30 minutes, being careful to keep water just below boiling point. The shells are more easily removed if eggs are plunged into cold water after they are taken from the fire.

Scrambled Eggs

4 eggs
½ c. milk
1 t. salt
⅛ t. pepper
1 tb. butter

Beat eggs, add milk and seasonings. Pour into hot pan in which the butter has been melted. Stir constantly until the mixture is of the right consistency. In serving scrambled eggs, several slices of crisp breakfast bacon will make the dish more appetizing.

Creamed Eggs

6 hard-cooked eggs
1 c. medium white sauce
Salt and pepper

Peel eggs and cut in halves lengthwise. Pour white sauce over them and serve.

Creamy Eggs on Toast

2 c. hot milk	⅛ t. pepper
4 eggs	1 t. butter
⅔ t. salt	4 slices toast

Beat eggs slightly, add salt and pepper. Stir into hot milk. Cook over hot water, stirring constantly until mixture is thick and creamy. Add butter. Serve on toast.

Scrambled Eggs in Fried Potatoes

Chop cold boiled potatoes. Season and brown in bacon fat. Then break four or more eggs into them (depending on quantity of potatoes and number of people to serve). Season again if desired. Serve at once.

Baked Creamy Omelet

1 c. fine dry bread crumbs	1 t. salt
1½ c. milk	Pepper
6 eggs	1 tb. fat

Soak the bread crumbs in the milk. Add the well-beaten eggs, the salt and pepper. Melt the fat in smooth skillet, add the egg mixture and cook over a flame a few minutes. Bake in a moderate oven about ten minutes or until set. Roll as a jelly roll and serve on a hot platter.

Mashed Potatoes with Eggs and Cheese

2 c. mashed potatoes	½ c. milk
3 eggs, well beaten	½ c. cheese

Salt and pepper

Beat mashed potatoes with milk until fluffy. Season. Add eggs and cheese. Pile lightly into pan and bake until brown on top. (May be main dish.)

Problem VII

Vegetables

A variety of vegetables in the meals is of importance.

Dr. McCollum says: "The man who limits himself mainly to cereals, meat, potatoes, sugar, and this type of diet, as favored by most of us, is bound to suffer certain bad results."

Both vegetables and fruits have valuable substances which our bodies must get from foods, so judgment should be used in selecting foods.

Food Value of Vegetables

All vegetables contain minerals that are of great value as foods. They help build bone, teeth, tissue, and blood and also help regulate the work of the body. Vegetables should have a place in the meals every day because they contain calcium, phosphorus, and iron. The balance of calcium and phosphorus, especially in the meals of children, is very important in bone-forming and may be an aid in preventing rickets.

The following are high in calcium or lime:

Carrots	Cabbage	Beets
Spinach	Turnips	Greens

The following vegetables are good sources of iron:

Swiss chard	Dandelion greens	Cabbage
Asparagus	Potatoes	Peas
	String beans	

The following vegetables are good sources of fuel:

Sweet potatoes Corn Potatoes Lima beans

Our food in the winter has much to do with our health in the spring. From the family garden supply, foods that have been stored through the winter should be brought into use. Carrots, cabbage, potatoes, onions, and turnips will all help in contributing toward a program of health. These vegetables are cheap. They can be raised in most sections. They have high nutritive value. For example:

The potato is a rich source of vitamin C. Lack of vitamin C tends to develop scurvy.

The carrot is a source of vitamin A. Vitamin A is especially helpful in throwing off infections of the lungs and respiratory tracts, and in raising resistance to disease.

The onion is a rich source of vitamin B and C. This is partly destroyed by cooking, but the onion remains an excellent food.

Potatoes, carrots, cabbage, onions, and turnips should be used frequently for their food value, for the variety of ways which they can be combined with other foods, and because they can be grown in most sections of Idaho. To these storage foods may well be added the canned tomato.

Other foods which are valuable for their protein and mineral content are dried beans and peas.

VEGETABLE RECIPES

Baked Potato

PROCEDURE	REASON
Select uniform size potatoes.	Potatoes of uniform size cook in same length of time.
Rub skins with some kind of cooking fat. Bake in moderately hot oven until they are soft.	Helps to soften skin when cooked.
When cooked, cut length-wise. Serve plain with butter, or with a dusting of paprika.	Allow steam to escape and prevents potato becoming soggy.

Variations

1. Stuffed Baked Potato—Cut tops off baked potatoes and scoop out all pulp. To 2 c. of pulp add 3 tb. of hot milk or cream and tb. of butter. Season with salt and pepper and beat until creamy. Pile into shells and brown quickly in the oven.
2. Baked Potato with Cheese—Use same method as for stuffed baked potato. Vary by adding ⅓ c. grated cheese to 2 c. potato pulp. Season with salt and pepper. beat until creamy. Put in shells and brown quickly in the oven.
3. Baked Eggs in Potato—Remove inside of each baked potato, mash and season. Refill shell, leaving room for an egg. Break the egg into the potato, baking in moderate oven until firm.
4. Baked Potato stuffed with meat—Follow directions for stuffed baked potato. Add ½ c. of any kind of chopped meat to a pint of the potato pulp and proceed as in other stuffed potato recipes.

Baked Carrots

Select small tender carrots, allowing two or three for each person. Scrape them and boil or steam until tender. Stack them in a baking dish in cord-wood fashion, sprinkle with salt and pepper and lay thinly sliced bacon over them. Place in hot oven and bake until the bacon is crisp.

Corn Chowder

4 c. diced raw Irish potatoes
2 c. boiling water
4 tb. diced salt pork
1 onion, chopped
2 c. corn
2 c. milk
½ t. salt
Pepper to taste
2 tb. chopped parsley or celery

Cook the diced potatoes in the boiling water for 10 minutes. Fry the salt pork and onion until slightly browned, and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk, salt, and pepper, bring the mixture to the boiling point. Add the parsley or celery leaves. Pour into soup plates in which there are several crackers. Serve at once.

Cabbage Cooked in Milk

Put a small white cabbage through food chopper, using coarse cutter. Soak in cold water one-half hour, drain and cover with equal parts of milk and water. Cook uncovered 20 minutes. Season with salt and pepper.

Creamed Fish with Vegetables

1 lb. fish, salmon
1 qt. milk
2 c. diced potatoes
1 c. diced carrots
1 finely chopped onion
4 tb. butter
¾ c. flour
2½ t. salt.
1 tb. chopped parsley

Simmer the fish in small quantity of water about five minutes. Drain and remove the skin and bones and flake the fish. Cook the potatoes and carrots until tender and drain. Mix the flour with a small quantity of cold milk and stir into the heated milk to which the onions, salt, and butter have been added. Cook until thickened. Add the vegetables and the fish. Cook for a few minutes longer, sprinkle a little parsley over the top, and serve. Canned fish may be used. It does not need the preliminary cooking.

Vegetable Au Gratin

Mix two or more kinds of left-over vegetables, such as carrots, string beans, turnips, cauliflower, cabbage. Place in shallow baking dish. Pour over the vegetables a thin white sauce. Sprinkle with grated cheese, and cover with buttered bread crumbs. Bake in a moderate oven until the sauce bubbles and crumbs are brown.

Onion Soup Au Gratin

6 medium sized onions, chopped fine
2 tb. butter or other fat
1 pt. boiling water
1 qt. meat broth
4 tb. flour
4 tb. cold water
Salt to taste
Pepper
Toast
Cheese, finely grated

Cook the chopped onions in the fat until yellow, add to the hot water, and simmer for 20 minutes, or until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well, and stir into the soup. Add the salt and pepper, and cook for a few minutes. Pour the soup into bowls or soup plates, place on top of each slice of toasted bread, sprinkle the cheese over the bread and soup, serve at once.

Creamed Carrots and Onions

8 large carrots
4 onions
3 c. water
1 t. salt

Clean vegetables and cut in small pieces. Cook until tender in boiling salted water. Make sauce for carrots and onions as follows:

3 tb. butter or bacon fat
3 tb. flour
½ t. salt
1 c. water in which the vegetables were cooked
1 c. milk

Melt fat, add flour, salt, and vegetable water. Cook until smooth and thick. Add carrots and onions to this sauce and heat.

Baked Stuffed Onions

Parboil large white onions. Scoop out the center and fill with a mixture of chopped onion, bread crumbs, seasoning and either chopped nuts or grated cheese. Moisten. Place in a pan, covering the bottom with water and butter or meat stock. Bake about 30 minutes. Baste several times. Serve around a roast.

Fried Onions and Apples

3 tb. fat
1 pt. sliced onions
1 qt. sliced tart apples
¼ t. salt
1 tb. sugar

Melt the fat in a heavy frying pan, add the apples and onions, cover, cook slowly until nearly tender, and stir frequently to prevent scorching. Remove the cover, sprinkle the salt and sugar over the apples and onions and continue the cooking until they are light brown.

Turnips Delicious

Select young turnips, pare and boil whole in meat stock until tender. Drain and save the stock. Place the turnips in a buttered casserole; sprinkle with sugar, salt, nutmeg, and dots of butter. Boil down stock and pour into casserole. Bake until the turnips are slightly browned.

Beets in Sour Sauce

12 small beets
1 tb. cornstarch
½ c. sugar
½ c. vinegar
2 tb. butter

Wash beets and cook in boiling water until soft, or use canned beets. Remove the skins and cut beets in small cubes. Mix sugar and cornstarch, add vinegar and boil 5 minutes. Pour over beets and let stand on the back of the stove 30 minutes. Just before serving add the butter.

Problem VIII

Raw Vegetables

VEGETABLE SALADS

Cabbage Salad

Cabbage Nuts Chopped apples

Shred cabbage, add apples and salad dressing and add the nuts just before serving.

Cabbage and Carrot Salad

Cabbage Carrots Salad dressing

Shred equal parts of cabbage and carrots. Combine with salad dressing. Garnish top with shredded carrots.

Sour Cabbage Salad

Mix 1 c. sour cream, 1 t. salt, ⅛ t. black pepper, 1 tb. sugar ¼ c. vinegar. Beat with wire whip and pour over one-half small head of finely chopped cabbage. Chill and serve.

Carrot Salad

2 c. carrots
¼ c. celery
1 c. cabbage
¼ c. onions

Salad dressing

Chop raw carrots, add shredded cabbage, onions, and celery. Mix with salad dressing.

Molded Vitamin Salad

1 c. raw grated cabbage
½ c. raw grated carrot
2 finely chopped pimento
½ c. shredded apple

Add to 1 pint lemon jello, to which 4 tb. lemon juice or vinegar should be added. Set in ice box or cool place until set. Serve on lettuce leaf with dressing.

Molded Vegetable Salad

2½ qts. shredded cabbage
2 c. finely diced celery
1 c. finely diced carrots
6 tb. gelatin
1 c. cold water
1 c. lemon juice
1⅓ c. vinegar
2 qts. boiling water
¾ c. sugar
1 tb. salt
½ t. paprika

Soak gelatin in the cold water. Then dissolve it in the boiling water and add the vinegar and lemon juice, sugar, salt, and paprika. Chill until slightly thickened. Then stir in the vegetables and set to mold in shallow pan. Serve with salad dressing.

Macedoine of Fresh Vegetable Salad

3 c. finely shredded cabbage
1 medium-sized onion, chopped
1 c. thinly sliced raw carrot
1 c. celery, cut in small pieces

Drain thoroughly. Mix cabbage, carrot, celery and onion together. Moisten with French dressing. Arrange salad mixture on crisp lettuce leaves or small tender cabbage leaves. Serve with or without mayonnaise and sprinkling of paprika as desired.

Problem IX

Fruits

Fruits, either raw or cooked, are valuable to use in planning meals. Such fruits as oranges, apples, and rhubarb aid in preventing constipation. Eating apples or oranges is also a valuable health habit. Such fruits as baked apples, grapefruit, and oranges are possibilities for any meal and are valuable for their nutritive value as well as a laxative. There are certain groups of foods that help prevent constipation. Constipation is one of the prevalent ailments that the Health-H in Club Work could help lessen.

Foods That Help Prevent Constipation:

a. Foods rich in cellulose:

Cabbage	Baked potato	Oatmeal
Cauliflower	(eat skin)	Green beans
Prunes	Spinach	Orange
Whole-wheat bread	Baked apple	Bran
Celery		

b. Foods causing gas formation:

Honey	Sauerkraut	Cauliflower
Cabbage	Onions	Milk
Molasses	Butter	Spinach

c. Foods having stimulating acids:

Oranges	Tomatoes	Apples
Cider	Lemons	Rhubarb

d. Lubricants:

Cream	Bacon
Butter	Olive oil

The following are good health habits for club girls to remember:

1. Drink two glasses of water on arising.
2. Drink buttermilk at or between meals.
3. Use fresh fruits abundantly.
4. Drink fresh cider when available.
5. Use coarse cereals and coarse breads.
6. Use roughage vegetables with other foods.
7. Eat fruit before retiring, such as apples or oranges.
8. Three-quarters of an hour before breakfast drink two glasses of water, and exercise for ten minutes, if possible.
9. Cultivate good posture.
10. Avoid worry, anger, or emotion of any kind.
11. Get plenty of sleep and rest.
12. Drink water freely between meals.
13. Take active exercise in open air, if possible.
14. Discontinue use of cathartics.

Suggested Meals to Help Prevent Constipation

Breakfast

Laxative fruits, such as baked apple, stewed prunes, oranges, grapefruit, rolled oats, cream and sugar, bran muffins or graham toast, bacon and eggs.

Middle Forenoon

Drink glass of buttermilk. Cider also is especially good if available.

Noon Meal

Two vegetables such as cabbage or turnips; meat—roast or stewed; whole-wheat bread or bran muffins; laxative fruits for dessert.

During Afternoon

Two glasses of water.

Evening Meal

Carrots, baked potato, lettuce or green beans, graham bread, laxative fruits for dessert. Eat an apple before retiring.

Fruit Juice Cocktails

Suggested combinations:

Apricot, lemon, orange
Cherry, peach, lemon
Strawberry, cherry
Strawberry, rhubarb
Currant, raspberry, peach
Red raspberry, lemon, peach

Currant, lemon

Good Fruit Juice Combinations

Apple—with plum, red cherry, or pineapple
Cherry—delicious with any mild juice
Currant—with red raspberry
Grape—with pineapple juice
Peach—with orange and lemon
Rhubarb—with lemon and raspberry
Goosebery—with spices, orange or pineapple
Apricot—with pear and peach

Spiced Pineapple and Grape Juice

1 pt. unsweetened pineapple juice
1 pt. grape juice
1½ t. whole cloves
3 nutmegs
2 sticks cinnamon, each about 2 inches long
½ of an orange rind

Break the nutmeg into pieces with a hammer and cut the white inner skin from the orange rind. Combine ingredients and cook slowly for about 10 minutes. Strain and serve cold. Serves six.

Baked Apples

PROCEDURE	REASONS
Select apples of uniform size.	Same time required for baking all.
Wash and core apples.	Washing advisable to remove dirt, as well as spraying materials used earlier in the season. Removing core decreases possibility of using apples not suitable for use.
Put in dripping pan or baking dish. Cover bottom with water. Bake in moderate oven until fruit is soft. Baste frequently.	By baking in a moderate oven, better color can be obtained. The purpose of cooking is to soften fruit and provide change in flavor.
Serve hot or cold with or without cream and sugar.	

Variations

1. Fill centers with any of the following mixtures:
   - brown sugar and butter creamed
   - chopped dried figs
   - raisins
   - jelly
   - Honey topping.
   - strawberry jam
   - chopped nuts and sugar
   - maple sugar and butter
   - spiced prunes; dust with powdered sugar.

Scalloped Apples

1 small loaf stale bread
1 quart sliced apples
¼ c. butter
Grated rind and juice of ½ lemon
¼ t. grated nutmeg
¼ c. sugar

Crumb the bread, place alternate layers of bread and sliced apples in a buttered baking dish, sprinkle each layer with sugar and nutmeg and dot with butter. Pour lemon juice over the whole. Bake in slow oven.

Fruit Sherbet

1 pt. water
1 pt. fruit juice
1 c. sugar
Juice of 1 or 2 lemons

Add either 1 tb. gelatin soaked in ½ c. cold water and dissolved in syrup or 1 egg white, when partly frozen.

Frozen Fruit Salad

2 c. diced, mixed fruits (fresh or canned)
⅔ c. diced celery
⅔ c. chopped almonds or other nuts
⅔ c. mayonnaise dressing
1 c. heavy cream, whipped
Lettuce

Drain the diced fruits thoroughly; add the diced celery, the chopped nuts, and the mayonnaise. Fold in the whipped cream. Follow the general method for freezing. Serve on lettuce with a garnish of mayonnaise dressing.

Fruit Crisp

8 medium-sized apples, peaches, plums, or other fruit pared and sliced
½ c. sugar
1 t. cinnamon
½ c. water
3 tb. butter
¾ c. flour

Grease baking dish and fill in the fruit, water, and cinnamon. Work together the butter, sugar, and flour with the fingertips until crumbly. Spread over the apple mixture and bake uncovered in a moderate oven for about 30 minutes. Serve plain or with cream.

Problem X

Cereals

In all but the most exceptional circumstances, the grain crops furnish the cheapest energy-giving food, and bread or bread stuffs are the largest single item in the low-cost food supply. For all their importance, however, neither the "staff of life" nor any other grain product will in itself sustain you. Although milk—which is also cheap because it furnishes several other kinds of food in one—is the best single supplement to the grain foods, even this combination must not be considered complete, for it lacks certain vitamins and minerals which only vegetables and fruits can be depended upon to supply. A balanced diet requires also vegetables or fruits.

Milk and cereals are the important mainstays of an inexpensive diet. Doctor Stiebeling says: "These two should be supplemented with tomatoes or citrus fruits; vegetables—some of which should be of the green or yellow color; a small quantity of lean meats, fish and eggs, cheese, fats and sweets. Persons following this food guide will avoid malnutrition, a danger which is always likely to accompany subnormal, industrial and agricultural conditions."

Wheat can be combined with meat, fish, or vegetables, and served as the main dish or meal. It can be used in stuffed peppers. The flavor is similar to that of nuts and if properly cooked the grain retains its shape.

Wheat is inexpensive and has the additional advantage of being a food that satisfies the appetite and is an excellent source of many of the good elements as necessary for good nutrition.

It is a well-known fact that Caesar's conquering legions did their fighting with boiled wheat as their principal ration.

Muffins

2 c. flour
4 t. baking powder
½ t. salt
1 tb. sugar
1 egg
1 c. milk
2 tb. melted fat.

PROCEDURE	REASON
Heat muffin pans before greasing.	Does not delay baking.
Sift dry ingredients.	Mixes ingredients evenly.
Beat egg with spoon in mixing bowl.	Beating of egg breaks up yolk and white and the egg can be more evenly distributed.
Combine milk and egg.	Small amount of egg more easily and evenly distributed if added to milk.
Add milk and egg gradually to dry ingredients.	
Stir. Do not beat.	Beating causes tunnels and peaks in muffins.
Add melted fat.	Melted fat more easily and evenly distributed.
Fill muffin tins two-thirds full, filling any empty ones with water.	Filling half full gives chance for rising. Water in empty pans prevents injuring pans.
Bake in moderate oven.	

Graham Muffins

Use 1 c. graham flour and 1 c. white flour.

Corn Meal Muffins

Substitute 1 c. corn meal for 1 c. white flour.

Bacon Muffins

Use 2 tb. bacon drippings for the fat used in muffin mixtures. Break crisp bacon and add 2 tb. broken bits into the mixture.

Prune Muffins

Add ½ c. cooked chopped prunes to dry ingredients of muffin mixture.

Apple Muffins

2 c. flour
2 t. baking powder
1 t. salt
1 t. sugar
1 c. milk
1 egg
4 tb. melted fat
Cooked and sweetened apple sauce

Sift the dry ingredients, add milk and beaten egg, mix well. Add melted fat to this. Drop by spoonfuls in greased muffin tins. Add 1 tb. apple sauce to each muffin and cover with muffin mixture.

Whole Wheat Muffins

1 c. flour
1 c. whole wheat flour
2 t. baking powder
1 t. salt
2 tb. vinegar
1 egg, beaten
1 c. milk
2 tb. melted shortening

Mix and sift dry ingredients, combine liquids, and fat cooled slightly. Pour all at once into dry ingredients. Stir vigorously until dry ingredients are dampened. The batter should not be entirely smooth. (Over-stirring causes tunnels.) Fill greased tin ⅔ full. Bake in hot oven 425° F. for twenty minutes.

Baking Powder Biscuits

2 c. flour
½ t. salt
⅔ to 1 c. milk or water
4 t. baking powder
2 tb. fat

PROCEDURE	REASON
Sift and mix dry ingredients.	Distributes baking powder and salt evenly with the flour.
Cut shortening into flour until fine like meal, using a fork or two knives or the finger tips.	In using fork or knives the mixture is kept colder. The fingers can be used, but the mixture should be handled as little as possible.
Add liquid slowly.	Some flours take up more moisture than others and the whole amount of liquid may not be needed.
Turn onto floured board and roll lightly.	Handling of mixture or hard rolling tends to break down air bubbles and mixture will not be so light. Gluten is developed in rolling and this makes the biscuits tough.
Dip cutter into flour and cut dough into biscuits. Do not waste dough.	Floured cutter prevents sticking. Dough worked over is never as tender so cut out carefully, utilizing all the dough.
Bake in hot oven 10 to 15 minutes.	

Nut Biscuits

Add 1 tb. sugar to original biscuit recipe, adding to dry ingredients ½ c. chopped nuts. Put a piece of nut on each biscuit, when ready to bake.

Date or Raisin Biscuits

Make biscuit mixture adding 1 tb. sugar and 1½ c. chopped dates or seeded raisins to dry ingredients. Sift together dry ingredients. Add shortening and mix thoroughly, add liquid slowly to make a soft dough, turn onto floured board. Roll or pat into about ½-inch thickness. Cut with biscuit cutter that has been dipped in flour. Bake in hot oven 10 or 15 minutes.

Peach Biscuits

Add to original recipe 1 c. chopped peaches drained from juice, 1 t. chopped orange rind and 2 tb. sugar. Proceed as above. Bake 15 minutes.

Shortcake

Butter the biscuits when hot. Break in two. Take one-half of the strawberries to be used, slice and cover with ½ c. sugar. Let stand for half an hour. While biscuits are still hot, fill with this mixture. Cover the biscuit with a few whole berries. Serve with cream and sugar.

Berries, peaches, apricots, oranges, or prunes may be used in the same way.

Gingerbread

2½ c. flour
2 t. soda
½ t. salt
2 t. ginger
1 t. cinnamon
1 c. molasses
1 c. sour milk
4 tb. melted fat

Note slight variation in mixing:

Mix dry ingredients, combine sour milk and molasses in mixing bowl and lift in dry ingredients, stir constantly. Add melted fat. Beat mixture. Bake in greased shallow pan in moderate oven.

Caution:

Any mixture containing molasses burns easily.

Quick Bread

(Coffee Cake)

Basic Recipe

1¾ c. flour
3 t. baking powder
1 t. salt
3 tb. sugar
1 t. cinnamon
4 tb. shortening
¾ c. milk
1 egg
1 c. nuts, chopped

Sift dry ingredients together three times including the sugar. Blend the shortening with the dry ingredients. Beat the egg. Add the milk. Beat together. Add at one time the dry ingredients. Add chopped nuts last. Mix until well blended. Bake 45 minutes to 1 hour in a greased pan in an oven 325° F.

Crusty Topping

1 tb. melted butter
3 tb. sugar
2 tb. brown sugar
½ c. nut meats

Blend all together and sprinkle on top of the unbaked quick bread. Bake as directed for quick bread.

Cheese Rolls

Use basic recipe, omitting the sugar, cinnamon, egg, and nuts.

Roll out as for biscuit dough ¼-inch thick. Spread with grated cheese. Roll up as for a jelly roll and cut slices ¾-inch thick. Bake in greased muffin tins or place close together on an oiled pan. Bake in a hot oven 20 to 25 minutes.

Quick Cinnamon Rolls

Use basic recipe, omitting the egg and nuts.

Roll out on floured board. Knead for a minute. Roll out ¼-inch thick. Spread with melted butter and the following mixture:

4 tb. butter	1 t. cinnamon
½ c. brown sugar	½ c. currants

Roll like jelly roll. Cut in ¾-inch slices and place in greased muffin tins in which has been placed mixture of ⅓ cup brown sugar, 2 tablespoons melted butter. Add 1 tablespoon Karo syrup in each muffin tin. Place rolls on this mixture, turn over, and bake in moderate oven 30 to 35 minutes.

Fruit Filled Breakfast Ring

Use basic recipe, omitting nuts.

Turn the mixture onto a floured board. Roll to about ¼-inch thick. Spread with melted butter and then spread with the following mixture:

⅓ c. brown sugar	½ c. walnut meats
2 t. cinnamon	2 tb. butter
½ c. seedless raisins	

Mix thoroughly and sprinkle over dough. Roll like a jelly roll. Bring edges together to form a ring. With scissors cut one inch slices nearly through the ring. Turn each slice cut side out. Bake in hot oven for 30 minutes or until done. On removing from oven spread with the following:

½ c. confectioners' sugar	1 tb. milk

Prune Quick Bread

Use basic recipe, adding ¾ cup prune pulp to mixture, substituting 1 teaspoon soda for one of the 3 teaspoons of baking powder. If desired 1 cup whole wheat flour may be substituted for 1 cup white flour. Instead of 1¾ cups of milk use 1¼ cups prune juice and ½ cup sour milk.

Apple Quick Bread

Use basic recipe.

Pare and cut thin slices of apples. Add to dough when ready for oven, overlapping slices of apple. Sprinkle with mixture of:

4 tb. brown sugar	2 tb. melted butter

Bake 45 minutes or until apples are tender.

Problem XI

Sandwiches

Sandwiches may be made of:

White, graham, whole wheat, raisin, rye, or brown bread.

Fillings may be:

Peanut butter	Thinned with salad dressing, cream or honey.
Nuts	Ground or chopped finely and mixed with salad dressing. Finely chopped celery, dates or raisins may be added, or cottage or cream cheese.
Lettuce	Spread with a little salad dressing.
Fish	Salmon, tuna, or sardines moistened with salad dressing or lemon juice.
Eggs	Hard cooked eggs, chopped and mixed with salad dressing.
Cheese	Grated cheese with tomato. Grated cheese seasoned with chopped pickles.
Nuts and fruits	Bananas sliced thin and sprinkled with nuts. Apple and celery chopped and mixed with salad dressing.

Cheese Sandwiches

Grind one pound cream cheese with one green pepper and one-half Spanish onion; mix with cooked dressing; spread between bread.

Egg Sandwiches

1 hard cooked egg
¼ t. salt
Speck paprika
⅓ t. mustard
3 drops vinegar
1 t. butter

Mince the egg very fine with a silver fork, add seasonings and butter and mix thoroughly. Butter very thin slices of bread, spread with egg mixture and cover with watercress leaves or lettuce. Cover with another slice of bread and cut in triangles or rounds.

Suggestions for Demonstration Teams

1. *Appearance.* Team should be immaculate, garments clean. Wear caps. Do not make the mistake of coming before a group, one girl wearing a cap and the other not wearing one. Uniformity in appearance is advisable.
2. Have all materials—utensils and food supply—at hand and ready for use. Do everything ahead of time which is possible, i.e., blanching vegetables, etc.
3. Be courteous to your audience. Gain and keep their confidence.
4. *Team Work.* While one is talking, the other should be busy. There is plenty to do.
5. Use enough subject matter to drive home pertinent points.
6. Emphasize the nutritive value of fresh fruits and vegetables used.
7. Use the Food Score Card.
8. Review the food values of raw carrots, cabbage, lettuce, apples, and other foods having definite food value, which should be found in all homes.
9. Have something ready in the way of subject matter, a story to tell, a verse to give, if one of the team should forget. It is good management to have something in mind that can be added in emergency.
10. *Speak Distinctly.* When a question is asked, always repeat it before answering.
11. *Use Good English.* Pronounce your words correctly. Neglect of this may turn a decision against you in a contest.
12. *Know your subject matter. Be accurate in all statements.*
13. Be sure the table is not littered. Working spaces should be clear.
14. The audience should be able to see the work being done at all times.
15. Have clean towels for wiping the hands.
16. Discuss the following points: nutritive value, ease of preparation, practicability in using materials which are used.
17. Always use materials easily obtained. These must have nutritive value, however.
18. Emphasize that all materials whether food supply, towels, etc., must be clean and vegetables and fruits crisp and cool.

19. Be so familiar with your work and what you are doing that any lapse or break by one of the team can be quickly filled in by another without any noticeable break.
20. If the demonstration is canning, have a can of your own product on hand to judge. If baking, have a loaf of bread, biscuits, etc.
21. There is a difference between mechanism and subject matter. Too much conversation dealing with can, rubbers, steam cookers, etc., is not necessary. Bring out pertinent points and let it go. Use subject matter that deals with food values. Pick out eight or ten points on nutritive value of foods used and give these while talking.
22. Be at ease. Work quietly. Know your equipment and materials. This can be gained through constant preparation, working at home and continually trying the demonstration out.
23. Never attempt to commit a demonstration word for word. It has a set expression that never rings true.
24. Give summary or concluding statement.

Suggested Outline for Quick Breads Demonstration

Have two measures of basic recipes prepared.*
Have prune loaf prepared.
Have apple nut loaf prepared.

First Speaker

Explains basic recipe.
While talking, mix crusty topping.

Second Speaker

Mixes basic recipe while first speaker explains the basic recipe.
Have oven heat ready.
Then add crusty topping.

First Speaker

Discusses Idaho products used
a. Wheat—Importance to State
b. Milk—Importance to Dairy Industry
c. Eggs—Importance to Poultry Industry
d. Butter or lard—Using butter or lard and why.
Roll out butter scotch rolls.

Second Speaker

Makes sweet mixture for butter scotch rolls.
Prepare muffin tins.
Prepare cheese rolls.

At this point both are working on rolls; one on cheese rolls and one on butter scotch rolls.

First Speaker

Gets filling ready for fruit roll.
Mixes sugar mixture to put on crushed hot fruit ring.

Second Speaker

Discuss variations of basic recipes.
Roll out fruit roll and prepare for oven.
Show prune loaf which has been prepared and show apple nut loaf. Prepare fruit ring with sugar mixture when baked.

*A second demonstration can be given using:
1. Quick cinnamon rolls.
2. Apple quick bread.
3. Sour cream currant rolls.

First Speaker

Clear dishes away quietly and quickly. Emphasize when to use recipes mentioned. Mention again the ease of using basic recipe and changing. Importance of Idaho products.

Second Speaker

Close demonstration with summary of work done:
1. Quick bread with crusty topping
2. Cheese rolls.
3. Butter scotch rolls.
4. Fruit breakfast ring.

Suggested Outline for Apple Demonstration

Have ready apple sherbet in refrigerator and cinnamon apples cooked so the color strikes in only ⅛-inch, leaving pink and white appearance of the apple texture.
Have apples in the oven baking.
Have fruit crisp partly finished.
Prepare before audience spiced cider, and apple cherry drink.
Take prepared baked apples and show variations.

First Speaker

Tell kinds of apples being used. Discusses apples that will hold their shape and apples that cook up. Mention ways of using each.

Second Speaker

Look at oven and see if any of mixtures ready to come out.
Prepare while first speaker is talking variation for baked apples, i.e., brown sugar and raisins mixed together, red jelly, combined sugar and nuts.
Have honey topping prepared.

First Speaker

Fill apples with variations made by second speaker.

Second Speaker

Prepare fruit crisp.
Discuss nutritive value of apples.

First Speaker

Remove from oven prepared fruit crisp.
Discuss variety of ways apples are being used.

Second Speaker

Arrange careful and attractive exhibits of foods that have been prepared and foods under preparation so audience can see.
Remove sherbet from refrigerator and arrange attractively in dish on plate.

First Speaker

Summarize the demonstration.

Second Speaker

Clear away quietly the dishes.
Close the demonstration with brief discussion of what a better use of apples will mean. Apples should be used in varying ways for breakfast, noon meal, and evening meal.

Use as reference *Apple Time in Idaho.* Have copies ready to give out.

Suggestions to make:

1. Baked apples with variations.
2. Fruit crisp.
3. Scalloped apples.
4. Fruit drink—apples with red cherry.
5. Spiced cider.
6. Cinnamon apples.
7. Apple sherbet.

FIRST MEETING

1. Song—"America."
2. Roll call.
3. Election of officers for club.
4. Leader explains Food Habits Score Card and how to keep record.
5. Start keeping record of food habits.
6. Select demonstration team for next meeting.
7. Plans for next meeting.
8. Club pledge.
9. Dismissal

Home Work

Check on Food Habits Score Card and record for next meeting; wash dishes three times; clean kitchen once.

SECOND MEETING

1. Song—"Idaho."
2. Roll call—Answer by giving record on Food Habits Score Card.
3. Name two important factors in developing the Health-H.
   a. How does lime or calcium help in body building?
4. Demonstration—Utilization of Milk.
   (Milk Drinks)
5. Fill in report.
6. Decide on next team to give demonstration.
7. Club pledge.
8. Dismissal.

N. B. Members should plan, if possible, to weigh and measure before next meeting and record findings.

Home Work

Prepare and serve four times dishes showing utilization of milk; wash dishes twice.

THIRD MEETING

1. Song—Select your favorite.
2. Roll call—Each member give height and weight and record it.
3. Discussion—What are Building Foods?
4. Name foods that are especially good for tooth and bone structure. (Use bulletin for reference.)
5. Demonstration—Utilization of milk—Custards.
   (Soups and vegetables cooked in milk)

6. Make out weekly report.
7. Choose next demonstration team.
8. Club pledge.
9. Games.
10. Dismissal.

Home Work

Start illustrated notebook using colored pictures from magazines to develop. If club is not making notebooks, make chart to be used later in exhibits.

Plan two menus for hike. Bring to meeting and give to leader.

Clean kitchen twice (after meals).

FOURTH MEETING

1. Roll call—Each member report on home work.
2. Check Food Habits Score Card.
3. Review food facts concerning milk and vegetables.
   a. Why is milk an important food?
   b. What are teeth made of?
   c. Why is it important to chew thoroughly?
   d. How do raw vegetables and coarse cereal help keep the teeth clean?
4. Name the three food needs of the body.
5. Demonstration—Utilization of cheese.
6. Make plans for hike or picnic. Appoint committees:
   a. Menu.
   b. Selection of place.
   c. Preparation of lunch on arrival.
   d. Clean-up.
7. Make out weekly report.
8. Appoint next demonstration team.
9. Song.
10. Dismissal.

Home Work

Make four vegetable dishes for use in home meals; make milk utilization dishes twice; clean kitchen twice (after meals).

FIFTH MEETING

1. Song—"America."
2. Roll call—Each member give one food fact she has learned.
3. Food discussion:
   a. Why are fruits necessary?
   b. Why are some fruits good laxative foods?
   c. Name three fruits high in iron content.

4. Leader discuss oven temperatures for following meetings.
5. Demonstration—Utilization of Fruits.
6. Plans for a hike at next meeting.
7. Appoint next demonstration team.
8. Games (20 minutes).
9. Dismissal.

Home Work

Plan and serve fruit dishes three times; plan and serve dishes using eggs, twice; wash dishes three times; clean kitchen twice (after meals).

SIXTH MEETING

1. Roll call.
2. Demonstration—Utilization of vegetables.
3. Fill in report.
4. Arrange for lunch and start hike.
5. Use nutrition songs and club songs.
6. Give club pledge before breaking up.

Home Work

Check on Food Score Card: check on height and weight; report to leader and record; make and serve vegetables twice; make salad twice; wash dishes three times.

SEVENTH MEETING

1. Roll call—Answer by giving three vegetables containing iron.
2. Song—"Idaho."
3. Fill in weekly report.
4. Discussion:
   a. Of what use are protein foods?
   b. Name three foods that are classed as proteins.
   c. Name three foods that contain phosphorus (use meal plan guide).
5. Demonstration—Vegetable Salads.
6. Work on illustrated notebook.
7. Record height and weight on chart.
8. Appoint next demonstration team.
9. Club pledge.
10. Dismissal.

Home Work

Make and serve three kinds of vegetable salads; make and serve two dishes using fruits; clean kitchen twice after meals.

EIGHTH MEETING

1. Roll call—Answer by reporting on home work.
2. Record in books.
3. Song.
4. Discussion:
   a. What do foods containing phosphorus accomplish?
   b. Name three foods representing Vitamin A.
   c. Name three foods representing Vitamin B.
   d. Name three foods representing Vitamin C.
5. Plan for competitive demonstrations.
6. Demonstration of fruit juice drinks.
7. Games (20 minutes).
8. Club pledge.
9. Appoint next demonstration team.
10. Dismissal.

Home Work

Make and serve: Milk utilization, twice; fruit salads, twice.

NINTH MEETING

1. Roll call—Report record on Food Habits Score Card.
2. Song.
3. Club pledge.
4. Discussions:
   a. What is the difference between stirring and beating?
   b. Why do you usually mix dry ingredients before adding liquid?
   c. Name five foods that will halt or prevent constipation.
5. Demonstration of Muffin Making.
6. Plans for Achievement Day:
   a. Appoint committees.
   b. Arrange for place.
   c. Arrange for types of exhibits.
7. Start plans for entertaining mothers.
8. Discussion of menus.
9. Games (20 minutes).
10. Dismissal.

Home Work

Plan and serve one meal at home (club member choose meal); make three vegetable dishes; plan menus for mothers' luncheon; wash dishes three times.

TENTH MEETING

1. Roll call—Answer by giving home work done.
2. Song.
3. Discussion:
   a. Name four types of laxative foods.
   b. Name two foods representing each class.
   c. Does yeast develop best in thin or heavy dough?
4. Demonstration—Competitive—(Not more than three). (20 minutes each).
5. Submit menus for meal for mothers.
6. Make plans for time, place and menu to be used.
7. Work on illustrated notebook.
8. Club pledge.
9. Song.
10. Dismissal.

Home Work

Plan and prepare two meals; make bread once; make vegetable dishes twice.

ELEVENTH MEETING

1. Roll call.
2. Club song.
3. Discussions: Review Food Needs of the Body.
   a. Name three building foods.
   b. Name three energy foods.
   c. Name three vitamin foods.
   d. Name four foods found in two or more groups.
4. Luncheon for mothers.
5. Some club member explain Food Habits Score Card as kept.
6. Leader announce plans for Achievement Day.

Home Work

Plan and prepare two meals for entire family; record menu used in report book at next meeting; clean kitchen three times.

TWELFTH MEETING

Achievement Day.
Carry out program planned.

Material Available for Reference*

Meal Plan Guide.
Height and Weight Charts.
Series 1-2-3 of Nutrition Lessons.
Food Habits of Children.
Requirements of Balanced Meal.
Apple Time in Idaho.
Dairy Products for Health and Economy.
Vegetable Cookery.
Salads and Salad Dressing.
Utilization of Peas.
Judging Score Cards.
Table Service.

*This material is available from the County or District Extension Agent's office.

Club Pledge

I pledge my head to clearer thinking,
My Heart to greater loyalty,
My Hands to greater service,
And my Health to better living.
For my Club, my Community, and my Country.

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